Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Saturday, December 6, 2025

STO Journal 12-6-25

Sharing to inspire you to embody Service to Others (STO) in your daily actions.

Ordered wife a Christmas gift (+)

Got our groceries and picked up wife's prescription for her (+)

Gently let people pass me on the sidewalk (+)

Let people cross safely in the cross walk (+)

Said thank you very much for watch repair to another (+)

Prayed for man in wheelchair struggling up hill (I wasn't able to stop and help) (+)

Prayed for homeless in the park (+)

Went to Walgreens to pick up photo order, one item was cancelled because they couldn't make it, had empathy for employees and said no problem. Ordered something else online instead. (+)

Went to old employment (grocery store) and said hi to employees, had empathy for a former coworker working 2 jobs, said hang in there, prayers plus action steps will get you through, I'm praying for you. (+)

Gave chocolates to two former coworker cashiers for Christmas (+)

Wrapped Christmas gifts for family (+)

Did not see another person walking to the restroom, almost bumped into them, said excuse me, I'm sorry, asked God for forgiveness (-)

Turned right on red light, thought I had space, pressed gas petal to match acceleration but another had to brake, asked God for forgiveness (-)

11/13 Service to Others, 85% Service to Others (Higher Self is 100% Service to Others)

- December 06, 2025

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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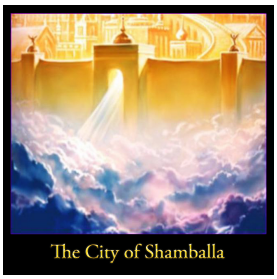

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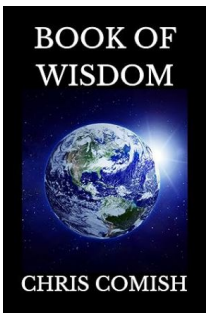

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Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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Chris Comish

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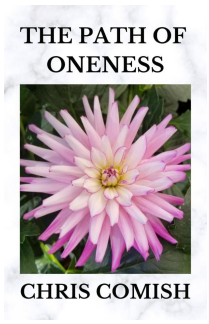

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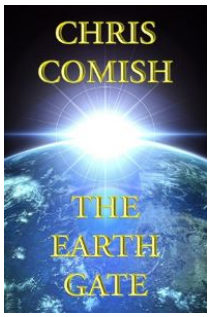

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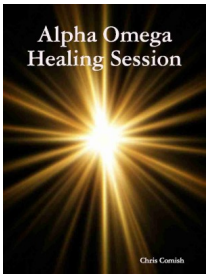

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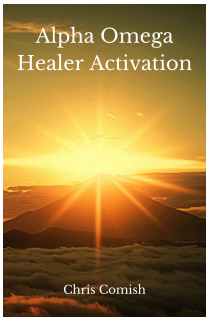

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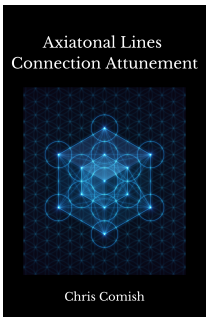

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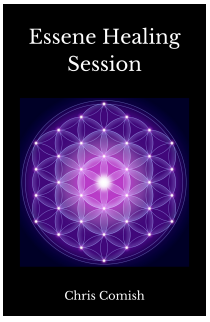

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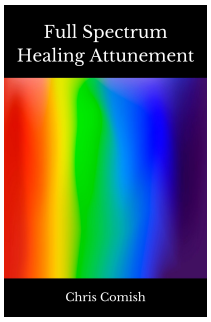

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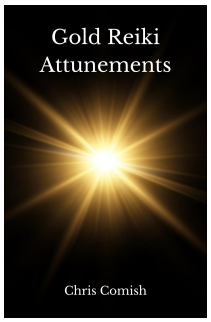

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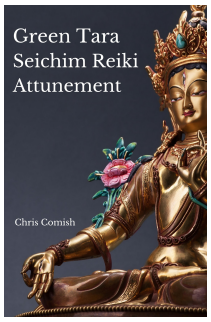

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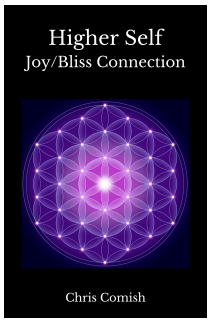

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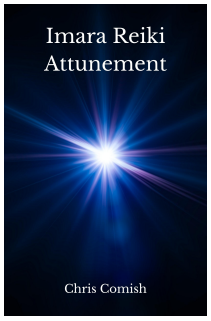

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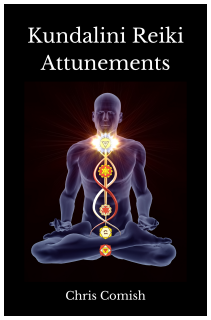

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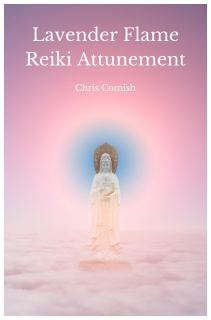

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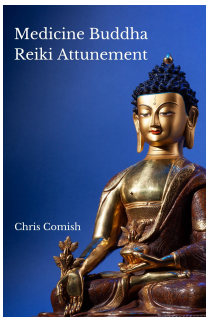

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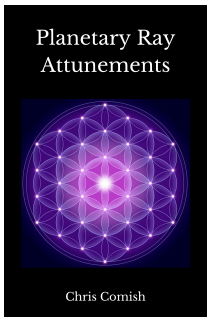

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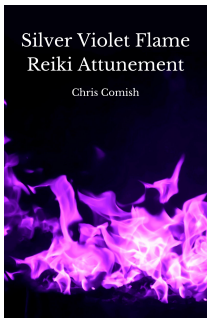

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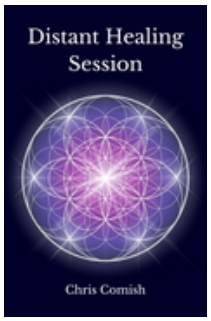

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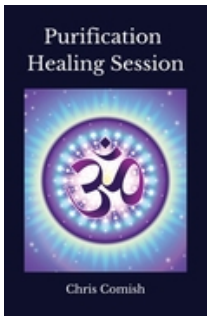

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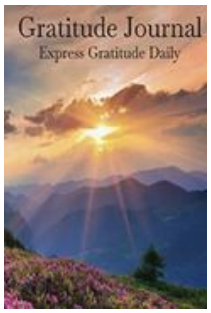

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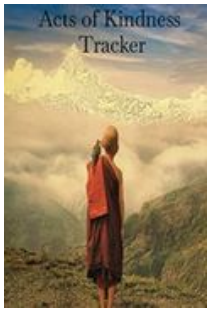

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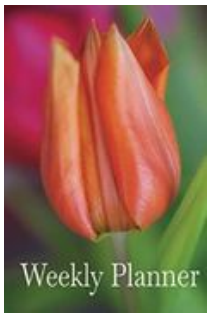

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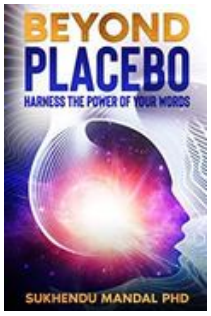

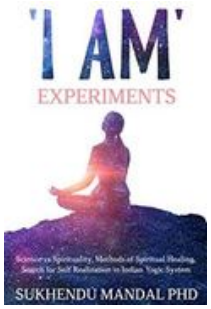

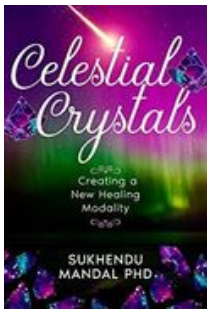

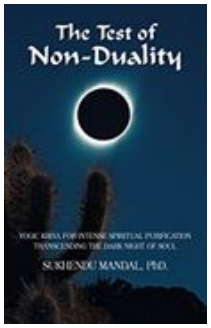

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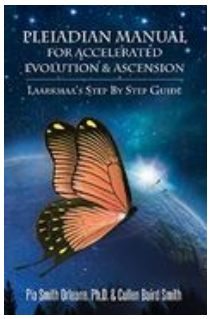

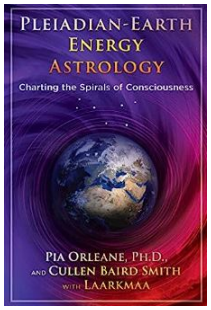
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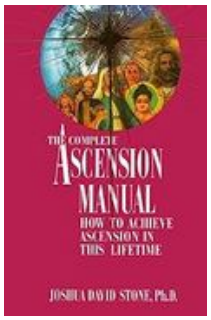
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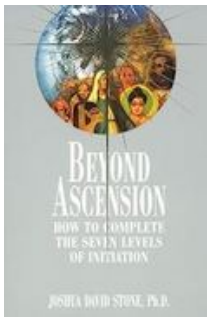
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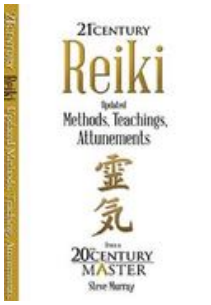
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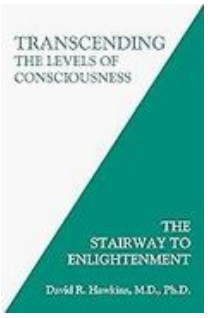
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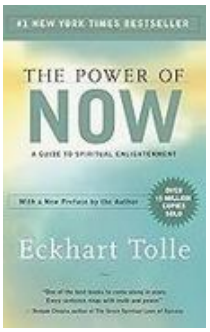
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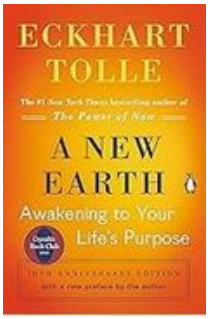
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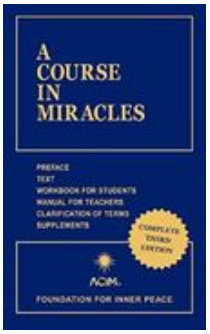
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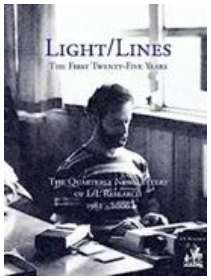
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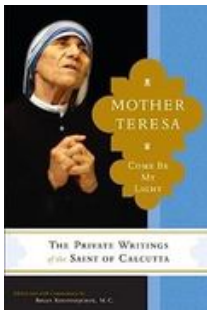
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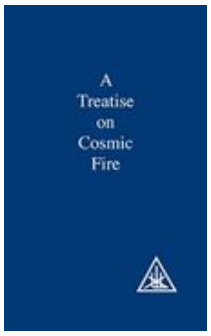
Human and Solar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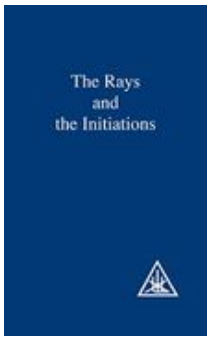
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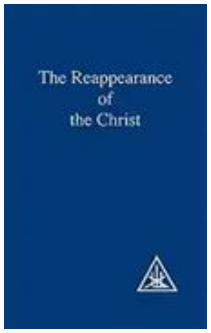
The Reappearance
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The
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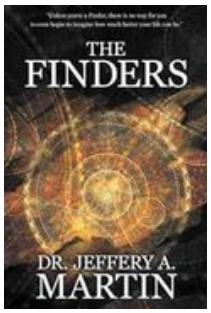
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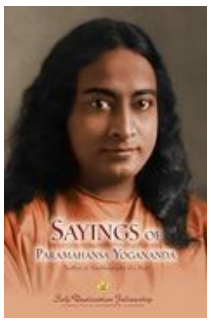
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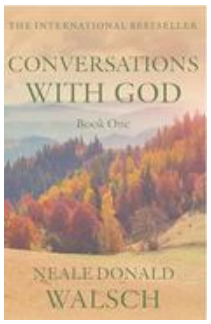
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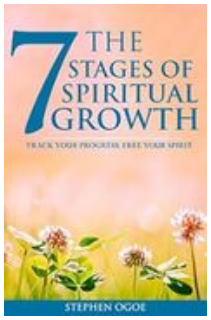
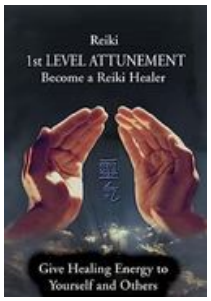
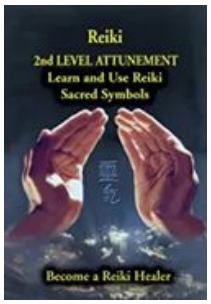
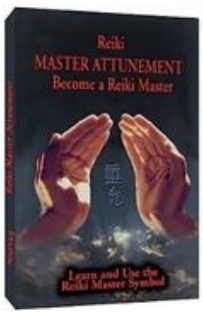
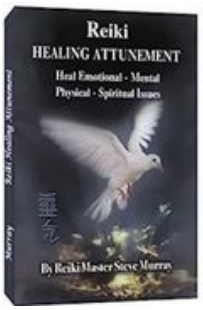


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

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Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

12-2-25 STO Journal

Chakras

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